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**'When is White
Complicity Month?'**

Vicky Mochama reflects on
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metroVIEWS



Your essential daily news | MONDAY, FEBRUARY 27, 2017

High -6°C/Low -14°C Partly Cloudy

Noel Foggo-Lamoureux was at Olympic Plaza with her granddaughter Sophia on Sunday to show support for welcoming newcomers. ELIZABETH CAMERON/FOR METRO



BUILD TABLES NOT WALLS

**Grassroots event brings Calgarians together in
support of immigrants, metroNEWS**

Tobacco age may go up

SMOKING

**Trying to legislate
behaviour doesn't
work, increases
black market: Expert**



**Elizabeth
Cameron**
For Metro | Calgary

The federal government is considering raising the minimum age for purchasing tobacco to 21, in an effort to curb usage across the country to less than five per cent by 2035.

A new report from Health Canada published Wednesday outlines possible options to meet this target, including banning smoking in multi-unit dwellings such as condo buildings.

Vaping would be lumped in with tobacco products, as well as cannabis. "The government can put in limits of all sorts, but it's really hard

to legislate behaviour," said Sharon Polsky, director of the Rocky Mountain Civil Liberties Association.

"Raising the age will only increase the black market," she said.

According to the report, the time is now to change the outcome for some 37,000 Canadians who die each year from tobacco-related illness.

Bobby Singh, a daily smoker for several years — including while living in apartment buildings — said people who are used to smoking inside their unit are not likely to stop.

"I think it is totally within a building's right to say it's a non-smoking building, but I don't know how I feel about the government trying to impose the ban across the country for every multi-unit building," he said.

If 18-year-olds have the right to vote, buy alcohol, and join the military, the government shouldn't make smoking the outlier, according to Singh.

"If there is a demand, supply will be met," he said.

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Art that grows on you

EXPLORATION

Alyssa Ellis's work with plants is truly stimulating



Aaron Chatha
Metro | Calgary

If you've been in or around the downtown Arts Commons in the past few months, you might have noticed a woman — dressed like a plant — wheeling plants around the Plus 15s while reading them plant history.

Her name is Alyssa Ellis and she's not crazy, just enthusiastic. Ellis — whose work is part art installation, part scientific study — has set up inside the Arts Commons Lightbox Studio to research plant intelligence. She's seeing how they react to different stimuli in a three really fun ways.

1 Plant Vacations

The first thing she's doing is trekking around downtown with her cart full of plants.

"It sounds silly, but as a way for them to get to know the city in ways they normally wouldn't see," she said. "Plants are usually rooted in one spot of their in containers that aren't really meant for travel, so I want them to see parts of the city I get to see every day."

2 Plant Readings

Ellis also regularly reads



Alyssa Ellis is combining scientific research into plant intelligence with artistic expression in her latest project. AARON CHATHA / METRO

to the plants using her 1886 copy of the Story of Plants, by Grant Allen.

"It lists different parts of plant history, such as how plants eat, how plants drink, how plants marry, how plants travel," she explained. "I've been reading different chapters to them, in an effort for them to learn about themselves in ways they wouldn't normally learn about."

3 Becoming a Plant

Finally, Ellis has been cre-

ating wearable items that help her look like a plant.

"I don't want to scare them too much, so I feel if I'm dressed like a plant, they might view me as less threatening as I'm working with them," she laughed.

4 Plant Intelligence

Although some of these methods might seem over the top, there are really reasons why they're worth exploring.

Ellis has in her studio a Mamosa Plant. The plant is

unique because at the slightest touch, it recoils its leaves inwards — reacting very directly to your fingers.

"I like to think they're sensitive emotionally. When you touch them, they're recoiling from you, they're not ready to go to that next level with your relationship," she laughed.

But there has been tons of serious research done into plants reacting to stimuli.

An experiment by Cleve Baxter in the '60s hooked corn plants to lie detectors to see

if they could measure an emotional response. He tried talking, or plucking a leaf, but when he lit a match, the plant registers a huge emotional response.

That's the type of thing Ellis is studying, in her own unique way.

The last chance to catch Ellis' exhibit in person is at Happenings 7, Mon. Feb. 27 at Arts Commons, starting at 6 p.m.

Follow Ellis on Instagram @aanneellis.

PUBLIC HEALTH

Cases of mumps confirmed



Alex Boyd
Metro | Edmonton

Edmonton business students and minor hockey league players from Medicine Hat are among confirmed cases of mumps popping up across the country.

On Friday, University of Alberta officials confirmed four business students were infected.

Kevin Friese, assistant dean of students, health and wellness, reminded students to check their immunization status and take precautions, like washing their hands and not sharing utensils.

Meanwhile, the Medicine Hat Tigers of the Western Hockey League have confirmed about half a dozen players and a coach have been infected.

The team played against the Edmonton Oil Kings in Edmonton twice over the past four weeks, but no one from the Oil Kings has contracted the illness.

Cases have also been confirmed in the Lethbridge area. Alberta Health Services spokesperson Kerry Williamson said the situation over the weekend was stable.

These cases coincide with an outbreak across Canada. In Ontario, Toronto is seeing a surge, with 14 cases linked to bars in the city's downtown core.

Several members of the Vancouver Canucks National Hockey League team have been infected.

Mumps is a contagious viral infection that causes swelling and pain in the head and neck glands. It is spread by sneezing or coughing, and from sharing saliva via food or toys.

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HUDSON'S BAY

Golf courses seek a tax break

PROPERTY TAXATION

Councillor says rule change needed to ward off developers



Brodie Thomas
Metro | Calgary

A Calgary city councillor is hoping the province can find a way to give golf courses a tax break to help prevent developers from buying up the lands.

Coun. Ward Sutherland said unless the province changes the way it taxes golf courses, Calgary's golf courses will continue to close and sell their properties.

He said golf courses get taxed like any business, but unlike most other businesses they have acres of prime land within the city.

"All the greenspace is taxed at the value of the land as if you're going to develop it and sell it," said Sutherland. "Because the price of land has more than quadrupled, the taxes for the golf courses have increased so much it's 20 per cent of their expense."

Sutherland said the average business can expect to budget about 3 per cent of their expenses towards property tax.

He said it's no surprise that several private golf courses, including Highland Park and Harvest Hills, have done the financially logical thing and sold out to developers when they started losing money.

According to Sutherland, private golf courses within the city are also having trouble competing with courses just outside city limits.

He said people are leaving the city and spending their money elsewhere, which is bad for the local economy.

Sutherland's notice of motion to council asks the city to write a letter to the province asking it to reconsider how golf courses are taxed province-wide. It's not something he expects to change under a new city charter.

Rick Lundy, president of the Northern Hills Community Association, said the motion is too little too late for Harvest Hills golf course, but he supports the idea.

"If we can make golf courses profitable, there's less of a chance of developers swooping in and stealing golf courses," he said.



The former Highland Park Golf Course is now being redeveloped by Maple Projects Inc., although residents in the community put up a fight about losing the greenspace. Courses are struggling to thrive amid high property taxes. CONTRIBUTED



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SAFETY

Investigation shows falling ice came from WestJet plane

WestJet says early results of an investigation into an ice chunk that crashed through a Calgary home indicate one of its planes is to blame.

Airline spokeswoman Lauren Stewart said in an email that a preliminary investigation has concluded the ice on Friday evening fell from a WestJet plane on approach into Calgary from Regina.

Stewart said WestJet is inspecting the aircraft to determine the cause of the incident and is cooperating with local authorities and Nav Canada, the agency that is responsible for Canada's civilian air navigation service.



A chunk of ice that fell through a Calgary couple's roof is believed to have come from a WestJet flight. THE CANADIAN PRESS

Calgary's fire department said the incident was originally reported as an explosion, but as the residents investigated further, they found a hole in their ceiling and fragments of ice on their basement stairs.

The ice made it all the way

to the basement floor.

"This is a most unfortunate incident for the family whose home was damaged and we will be reaching out to pay for all necessary repairs to their home," Stewart said in the email. THE CANADIAN PRESS

FUNDRAISING

Charity walk raises more than \$100K to help people in need

The Coldest Night of the Year walk held Saturday night raised \$102,000 for groups helping the homeless.

The money will be shared between three partners — Feed the Hungry, The Mustard Seed, and KAIROS Calgary's campaign to pay off the mortgage

on Bankview Apartments.

About 440 participants took park by walking, two, five or 10 kilometres starting in the early evening.

"I think the most impressive thing is we were down about 150 walkers from last year, and a few teams as well,

but we still raised a significant amount of money," said Samantha Jones, Location Director for the walk.

She said it speaks to the loyalty of donors and Calgarians' willingness to support causes they believe in.

BRODIE THOMAS/METRO

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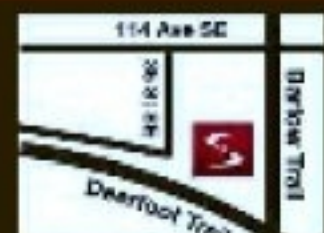


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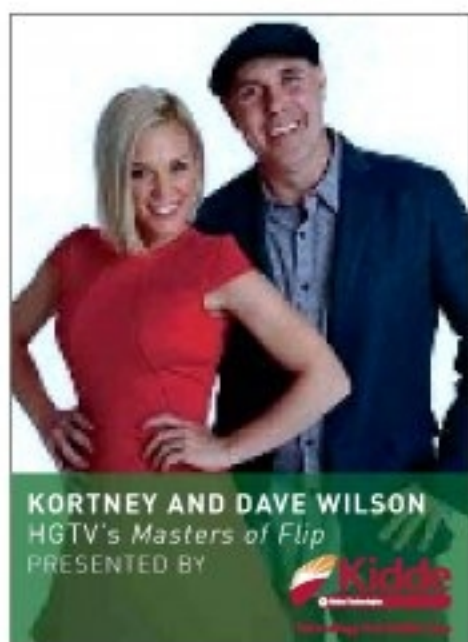
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Calgary **metro** NEWS

Treating addiction on another level

HEALTH

Calgarian's site Game Quitters helping video game addicts



Aaron Chatha
Metro | Calgary

With an increasing number of Canadian households having a video game console in their home, that brings up a potentially more serious issue: video game addiction.

Calgarian Cam Adair struggled with video game addiction earlier in his life, and is now the founder of Game Quitters, a resource network for others who struggle with the same problem. But first thing's first: Adair said he doesn't judge anyone who plays games.

"I'm very much not against video games," he said. "It's much more — we have our own vices. We have these different bad habits that negatively impact our lives. We just need to have a conversation about them — it's not about judgement."

For video game addiction, Adair compares it to other addictions, like porn. Games release positive chemicals in the brain, which some people then become dependent on. People also play games because it helps them connect to their friends, escape from reality — and get a quicker sense of accomplishment. "They're playing because they always know what to do next — games are designed so you go from level one to level two to level three," Adair explained. "In life, that's a lot more abstract."

For Adair, he found himself playing because he struggled with social skills and didn't feel safe at school or on his hockey



Cam Adair struggled with video game addiction when he was younger, causing him to drop out of school. **DEREK HEISLER**

team. Video games were his safe space — but eventually, he was playing 16 hours a day and had dropped out of school. At it's worst, Adair was writing his own suicide note.

"That's the moment I realized, I no longer felt safe with myself. I needed to make a change," he recalled. He shared his story online, where it went viral and eventually led to his own TEDx talk. Two years ago he launched Game Quitters, a free online resource to help people escape video game addiction.

There are forums, journal entries and a network of thousands of users available to provide support, but the crux of the program is around his 90 day detox.

"The number one question

I get from people who want to quit is, 'I want to quit, but then I'm bored all the time.' Or, 'I want to quit, but that means I'll lose all of my friends,'" Adair said.

The 90 day detox gets players away from the gaming — cold turkey — and lets the chemicals in their brain settle and find regular life stimulating again, and encourages people to find different activities and ways to connect with friends. Then, people can re-evaluate if they want to play games in moderation, or keep the controller away. Adair hasn't gamed in nearly seven years, and said he's never been happier.

The resources are available at www.gamequitters.com.

COMMUNITY

Minor changes are coming, but flower tax program will remain



Brodie Thomas
Metro | Calgary

After a review by city administration, the Parks Enhanced Maintenance program will continue.

Sometimes referred to as a flower tax, the program allows communities to pay extra taxes for enhanced park maintenance, such as path clearing in the winter and flower planting in the summer.

While some councillors say it's a fair way for communities to spruce up their neighbourhood out-of-pocket, others say it amounts to a two-tiered system.

"I'm one of the more agnostic in the middle. But I recognize the validity of both sides of the argument," said Coun. Gian-Carlo Carra, chair of the Community and Protective Services committee which will look at the report this Wednesday.

Carra said some of the chan-

ges recommended should make everyone happy. "What they want to start do is start weaning city employees off of that work," said Carra, who added it will be turned over to private contractors.

He said the program should become more flexible once changes are made. "Not every community wants the same kind of maintenance — some want more flower, some want more rec space."



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Man urges jurors to seek help

COURTS

PTSD concerns for Garland triple murder case jury

Mark Farrant has a good idea of what jurors are going through after they sat through a recent triple-murder trial's disturbing testimony about how the victims were killed and disposed of.

Farrant, who is from Toronto, spent five months at the 2014 trial of Farshad Badakhshan, who was ultimately convicted of murdering his 23-year-old girlfriend, Carina Petrache.

Farrant was later diagnosed with post-traumatic stress disorder and has become an outspoken advocate for the need to provide counselling for jurors hearing horrific cases.

"One of the burdens of being a juror is the isolation you have," Farrant said in an interview with The Canadian Press.

"A juror is the best judge



Mark Farrant developed PTSD after being a juror on a murder trial. THE CANADIAN PRESS/GALIT RODAN

of their own mental health and their own state," he said. "With some jurors it may take longer if they're feeling negative impacts."

Farrant said when his jury duty was over, he felt partially relieved and as if he had just walked out of a vacuum. He expected there would be some

A juror is the best judge of their own mental health.

Mark Farrant

sort of debrief from the court: orders on what he could discuss or a list of counsellors available to help him cope. But that didn't happen.

Nobody should be forced to suffer in silence, he said.

Jurors in Calgary who recently convicted Douglas Garland of three counts of

first-degree murder in the deaths of a couple and their five-year-old grandson were subjected to evidence that included graphic and gruesome photos, videos and exhibits which prompted the judge to express concern about the stress they were put under.

"High-profile cases like this one have doubtless involved additional sources of stress due to the length of the trial, the significant media and public interest in this case and, most particularly, the disturbing evidence that was introduced," Justice David Gates told the jury after testimony had ended.

"Symptoms of stress may appear as any number of physical and psychological reactions, including increased anxiety and frustration, disruption to sleep and eating routines, depression, withdrawal, anger and even hostility."

The Ontario government last month launched a free counselling service for jurors. The support program is available at the end of a trial or a coroner's inquest if jur-

ors need it. It notes that evidence and testimony a jury may have to consider can be graphic, traumatic or violent in nature.

"Distress, depression, changes in sleep patterns, appetite, energy, focus, concentration. All of those symptoms could very easily be a part of a person's response to very disturbing material," said Dr. Scott Patten, a psychiatrist and professor with the Cumming School of Medicine at the University of Calgary.

"That's great to hear the judge was cognizant of those problems," Patten said.

"Those who do need help, it's best if it comes from their own seeking of it."

Patten said the chance of a juror developing PTSD is rare, but it can happen if the individual has undergone some sort of traumatic experience earlier in life.

The head of the Criminal Defence Lawyers Association in Calgary said his profession isn't immune either.

"It absolutely does affect lawyers," said Ian Savage.

THE CANADIAN PRESS

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10

Calgary metro NEWS

Welcoming with kindness

DEMONSTRATION

Event shows immigrants and refugees are welcome



**Elizabeth
Cameron**
For Metro | Calgary

They built a wall, but it was quickly demolished and replaced with tea.

A local grassroots organization called Only Kindness Matters invited people from all walks of life to join them at Olympic Plaza on Sunday for an artistic demonstration and conversation.

"We wanted to show Canadians actually are welcoming to refugees and immigrants," said Kate Kennedy, founder of Only Kindness Matters.

She was inspired to create the group after the Women's March on Washington – thousands of Canadians turned out for the event – which was somewhat-spontaneously held across North America in January after Donald Trump was sworn in as the U.S. president.

"In Canada we're blessed with a very safe and equitable society and I think it's really important to show our children this is what we want – we don't need to build walls," Kennedy said.

The group built a symbolic wall out of cardboard boxes and invited participants to destroy it.

The pieces were then arranged into a table for immigrants and refugees to share their stories around – while sipping tea to keep warm in the snowy weather.

"Love is really important, and so is inclusivity," said par-

ticipant Rochelle Lamouroux.

"Historically, (my family) comes from slaves who settled in northern Alberta and did their best to make a life here. I think it's really important that we respect everyone's history in Canada ... and make sure our country remains open and inclusive," she said.

The executive order from the White House banning nationals from seven specific countries – Iran, Iraq, Libya, Somalia, Sudan, Syria and Yemen – isn't reflective of Canadian attitudes, Lamouroux said.

"Just because someone comes from somewhere in particular doesn't mean they're automatically not a safe, wonderful member of our world," she said.

"No matter where you come from, you have something to contribute to our country."



Only Kindness Matters held an event at Olympic Plaza on Sunday. ELIZABETH CAMERON/FOR METRO

Calgary fans mourning actor



**Aaron
Chatha**
Metro | Calgary

Calgary geek culture fans are fondly remembering actor Bill Paxton today, who passed away following surgery complications at 61-years-old.

Paxton was remembered for roles in Agents of S.H.I.E.L.D., Apollo 13, The Terminator and Aliens.

Paxton's last major visit to Calgary was in 2014 for the Aliens EXPOSED cast reunion at the Calgary Comic Book Expo. A statement on the organization's Facebook page said Paxton

charmed the audience with his personality and humour and will be missed.

Fans took the opportunity to comment about their own interactions with the actor.

"By far the nicest and most genuine person I have ever had the pleasure to meet," said user Chad McKenzie. "The time he took to talk, and the fact he remembered me between an autograph session and a photo op spanning the entire weekend will always be one of my fondest memories."

"For those few minutes in 2014 that I stood there and talked to him, he asked me about myself and concerned

himself with my experience of the event when I told him it was my first one," shared poster Christina Gottselig.

"Seeing him and the 'Aliens Exposed' panel a few years back is one of my most cherished recent memories," added Jamey Hughton. "Now more than ever. R.I.P. Bill! We are going to miss you."

According to one poster, he closed out the show over the P.A. with a classic quote: "Game over man!"



Bill Paxton.
GETTY IMAGES

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Landlord's cheeky ads stir interest in rentals

HOUSING

Originality, humour help close the deal



Brodie Thomas
Metro | Calgary

Whitney Turcato has two properties available for rent right now, and she'll be the first to tell you: it's not a great time to

be a landlord.

After using a bit of humour to draw attention to her ads, she doesn't think she'll be waiting much longer to find tenants for both properties.

"When you look at Rent Faster, everything is so generic," she said. "Every ad says, 'spacious apartment,' 'beautiful apartment.'"

Turcato's all-caps listing is the first thing that might catch your attention as you're browsing.

"BY THE BEARD OF ZEUS! IS THAT ADORABLE APARTMENT ONLY \$1300/MO?!"

Although many of the lines are a bit risqué (i.e., we can't print them all here), Turcato said everything is accurate — like the description of the entrance.

"First off, it's got its own entrance way. Say goodbye to the days of awkward hallway conversations with your neighbour Doris who speaks a little too loudly and enthusiastically to her cat. Those days are OVER

my friend. See ya NEVER Doris!"

She also does a great job of selling nearby amenities.

"Under the delusion that you're good at beach volleyball? Got you covered. Courts are a block away."

She's pretty sure the humour is working. She had a plane-jane ad up for one of her properties for about a month.

She took that one down to replace it with a more original composition, and saw an increase in interest.



Whitney Turcato is now offering to write other people's ads for just about any service, including dating profiles. JENNIFER FRIESEN/METRO

Lookahead: Feb. 27 – March 4

ELIZABETH CAMERON FOR METRO



What you need to know this week in Calgary

1 Teeing up a tax break

— Feb. 27: City council will debate asking the provincial government to look at giving golf courses a property tax break to offset rising land values. Several private golf courses have already sold out to developers.

THE CANADIAN PRESS



JENNIFER FRIESEN/METRO FILE PHOTO

2 To tunnel, or not to tunnel

— Feb. 28: The city is hosting an open house to develop a citizen-recommended plan for the eventual 25 Avenue LRT grade separation. The event is at the Repsol Centre from 5 to 8 p.m.



NIKKI WESLEY/METROLAND

3 An excuse to eat pancakes — Feb. 28: Shrove Tuesday is also known as Pancake Tuesday. It's the last day before Lent, a time of fasting for Christians.

4 Celebrate Creole! — March 4: The Creole Day Cultural Celebration is an annual event presented by the St. Lucia Calgary Cultural Association. It starts at 1 to 8 p.m. at St. Peter's Anglican Church in Calgary.



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Schools move to incorporate phones

TECHNOLOGY

Bans will be ignored, teach responsible use: Expert

Researchers and educators agree that cellphones have become fixtures in Canadian classrooms, but opinion remains divided on how best to address their presence.

All agree that the presence of smartphones can be problematic if students are allowed to devote more attention to their screens than their studies.

One research paper suggests the majority of schools are still treating cellphones as a scourge and banning the devices outright both in and out of class.

But that study and a growing number of boards say they've had more success once deciding to stop fighting the technological tide and find ways to incorporate cellphones into schools.

Canada's largest school board reversed a four-year ban on cellphones and now lets teachers dictate what works best for their classrooms, while a board in Quebec has gone so far as to distribute tablets to all students in Grade 5 and up while maintaining a permissive smartphone policy.

Researchers say these approaches work best, but add it's essential to have guidelines in place around the use of technology.

Thierry Karsenti, Canada Re-



Researchers say it's essential to have guidelines in place around the use of cellphones. ISTOCK

search Chair on Technologies in Education and professor at the University of Montreal, said students will find a way to bring phones into the classroom regardless of the rules.

A survey of more than 4,000 high school students found that 79.3 per cent of respondents owned a cellphone. Participants indicated that the phones did not figure strongly in their formal education, with 88.4 per cent reporting that the devices were banned either in class or at school altogether.

Karsenti said the majority

of schools he's studied persist in fruitless bans against smartphones, edicts that students will inevitably ignore.

Only 12.9 per cent of survey respondents said they had never sent texts in class, 55.7 per cent said they felt it was acceptable to send or read text during lessons, and 90.7 per cent said they had seen classmates doing just that. Another 64.2 per cent reported seeing their peers accessing Facebook on their phones while in class. But Karsenti said schools with more flexible policies got better results, he said, adding

the best ones set firm boundaries that helped educate students on when it may or may not be appropriate to use their cells.

Students responded, he said, by taking those lessons to heart.

"They were becoming themselves more responsible in those schools where cells were allowed with specific rules because schools help them become more responsible," Karsenti said in a telephone interview.

"Otherwise who's going to help them become more responsible?"

THE CANADIAN PRESS

IMMIGRATION

Minister not convinced of asylum seeker trend

Canada's immigration minister says he's not yet convinced a recent increase in the number of asylum seekers crossing the border illegally from the United States constitutes a growing trend, despite concerns raised by Manitoba that the situation may be getting out of hand.

In the days and weeks that followed a move by President Donald Trump to ban travellers from seven Muslim-majority entering the U.S., Canada has seen an increase in the number of refugee claimants walking across the border to request asylum.

Manitoba Premier Brian Pallister has expressed worries that those numbers could rise further

as the weather becomes warmer, and has called on Ottawa to provide more help in dealing with the influx.

For now, Ottawa is monitoring the situation, but it's still too early to say whether even more asylum seekers will continue walking over Canada's doorstep, Immigration Minister Ahmed Hussen said in an interview aired Sunday on CTV's Question Period.

"We need to see what happens over the next little while to see if this is a trend," Hussen told CTV's Evan Solomon. "We can't really determine that this is a trend moving forward."

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Bolster your mumps defence: Experts

HEALTH

At-risk groups need to make sure vaccines are up to date

Public health officials and infectious disease experts are urging Canadians to check that their vaccinations are up to date as clusters of mumps are investi-

gated in Ontario and Alberta, and measles cases are probed in Nova Scotia.

The viral infections are both covered by the measles-mumps-rubella (MMR) or measles-mumps-rubella-varicella (MMRV) vaccines. But experts say people between the ages of 18 and 35 need to ensure they've had two doses to bolster their immunity.

"Mumps and measles are very contagious illnesses ... at the moment we have this particu-

lar issue with people who've only had one dose of vaccine. For this age group, it's a good time to check and make sure they've had two doses," said Dr. Allison McGeer, director of infection control at Toronto's Mount Sinai Hospital.

McGeer explained that when the mumps and measles vaccine was introduced, only one dose was administered but it later became apparent that two doses were needed for it to be effective

over the long term.

McGeer said there was nothing overly worrisome about the recent mumps and measles cases but noted that they served as a reminder of the importance of immunization efforts.

"The fact that you can still get clusters of cases is a marker for just how important having those vaccination programs is. If they didn't happen then everybody got sick."

Dr. Sarah Wilson, a medic-

al epidemiologist with Public Health Ontario, said individuals in the age range currently more susceptible to mumps may also be more at risk because of their behaviour traits.

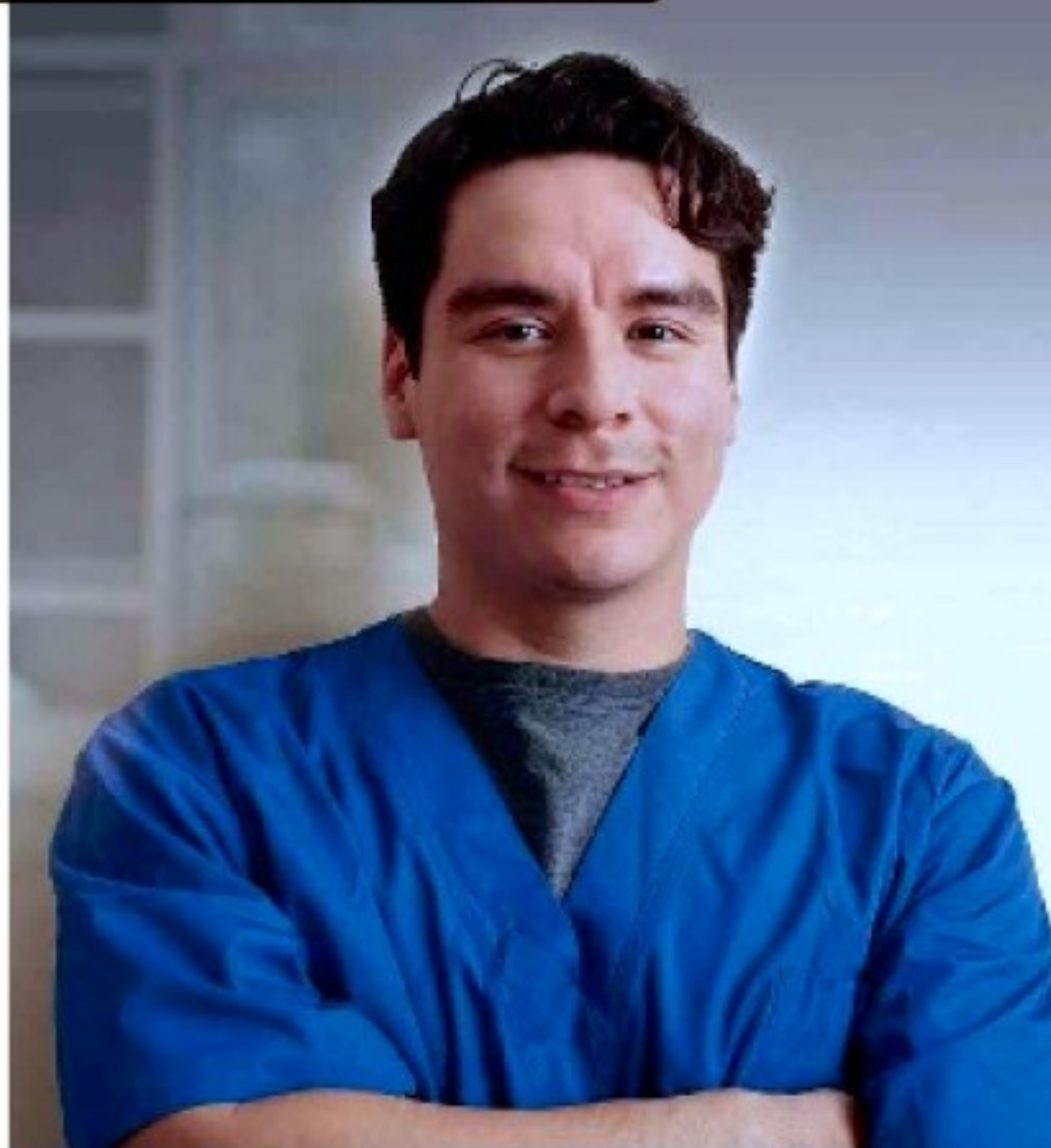
That group is more likely to engage in behaviours and activities in which mumps spreads easily, like playing on sports teams, living in dormitories in close conditions and sharing drinks and food in bars, she said. THE CANADIAN PRESS



A dose of the MMR vaccine. THE ASSOCIATED PRESS FILE

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Rose Boudreau told Metro her story on Thursday. By Friday morning, she was fielding job offers. JEFF HARPER/METRO

metro EFFECT

Job offers roll in after woman tells her story



Cody McEachern
For Metro | Halifax

A trans woman has received a handful of job offers only hours after Metro told her story, and future employment may be right around the corner.

Rose Boudreau spoke to Metro Halifax on Thursday about her struggle to find a job as a trans woman, and her concerns of prejudice from employers, but within three hours of the story being released, she had received her first offer, with others rolling in the next morning.

"It felt awesome," said Boudreau. "Getting these calls and

messages really made me feel valued. It was a great response, and made me feel like a weight was lifted off my chest."

The 22-year-old received multiple offers out of the blue from companies around Halifax.

"These companies contacted me under their own volition. I hadn't even applied to them, they just wanted to help me."

Only recently transitioning and being relatively new to the community, the support and offers have made her feel accepted and valued as a part of society, she said.

"Being able to have that platform to get my voice and story out has really helped. It connected me with people who support me and want to help."

"I hadn't even applied to them, they just wanted to help me."

Rose Boudreau

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HEADLINE

COFFEE

Lava Java

Discovering a Guatemalan coffee that's [almost literally] erupting with flavour

By: Sean Deasy



The Guatemalan mountains

A lot goes into making a great cup of coffee, and perhaps nothing more important than the origins of the bean itself. From idyllic climate conditions to the high-nutrient content of the soil, the coffee we enjoy is very much the sum of its parts. And, on rare occasions, we get a bonus.

In this case: Fedecocagua coffee. Already benefiting from the fertile soil of Guatemala's San Marcos region – the country's coffee-belt – its rich bean has traces of volcanic ash to inform a singularly unique flavour – one that summons chocolate, vanilla and one rather surprising nuance: smokiness.

"What I find exciting about this Guatemalan coffee is that the beans are grown on the slopes of volcanic soil," says roaster Eric Shabsove from Mountain View Coffee in Toronto. "It's one of the things I love about San Marcos. When you drink it you can just picture the volcano with centuries of accumulated volcanic soil, and you can actually taste the hint of smokiness that comes from years and years of eruptions. It's truly fantastic."

Shabsove insists the hint is so slight that it shouldn't deter smoke-shy java drinkers.

The region also boasts another distinctive characteristic: a considerably long harvesting

period – from November through March.

"What you get in Guatemala is a harvest season that extends into early spring. It's typical amongst all Central American coffee countries, notably in Costa Rica, where you can start harvesting let's say in November, December and into January."

Shabsove says something exceptional happens after the two-month processing period [in which time the beans are harvested, washed and dried]. "When you see the beans ready to be shipped, you're also already seeing the flowers blooming for next season. That's what so great about it: ultimately the beans are really bigger and better and you get that really fantastic taste."

Another natural asset for the San Marcos region is an abundance of rainfall, more so than other regions of the country, says Shabsove. "[The additional rainfall] does give that extra boost to the production and early flowering, so the beans are that much tastier, they've had a little bit longer to mature."

Speaking of quality control, this is a handpicking operation, primarily because of where and how the beans are grown: on steep volcanic slopes.

The growers

So who's doing the growing, picking and producing of this delightful coffee?

Fedecocagua – already a mouthful for some to pronounce – is the abbreviation for the Federación de Cooperativas Agrícolas de Productores de Café de Guatemala. It's a federation of roughly 148 co-operatives and 20,000 members from across Guatemala's coffee belt, many of which are of Mayan origin.

"I believe about 70 percent of its members are comprised of indigenous peoples of Guatemala," says Eric Shabsove. The members are growers who typically own small plots or family farms, typically averaging 1.3 hectares. While the cultivation of coffee is their primary function – according to Shabsove, coffee represents 80 to 90 percent of a farm's income – they also produce basic grains and other agricultural products for their own consumption.

For these growers joining a co-op minimizes obstacles such as high processing costs and problems in product quality, and helps with technical advice and accessing financing.

"The co-ops help with getting these farmers a line of credit. They're able to borrow money to help with expenses when they bring their beans in to process," says Shabsove. "Membership also helps with warehousing, transportation of the product and allows them to access the fair trade premiums, which is also a boon because it provides additional income."

The order of coffee

Shabsove is particularly excited about introducing Guatemalan Fedecocagua coffee as this month's Headline Coffee. As the chief roaster and curator of the series, he is taking us on a guided tour of the world's best coffees – but he's doing so on a very deliberate path.

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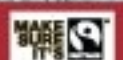
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MALAYSIA

Poison killed North Korean leader's brother in minutes

Malaysia's health minister said Sunday that the dose of nerve agent given to North Korean ruler Kim Jong Un's exiled half brother was so high that it killed him within 20 minutes and caused "very serious paralysis."

Kim Jong Nam died Feb. 13 at Kuala Lumpur's airport in what Malaysian police say was a well-planned hit by two women who wiped a liquid on Kim's face. Police revealed Friday that the banned chemical weapon VX nerve agent was used to kill Kim, raising the stakes in the case.

Health Minister Subramaniam Sathasivam said the dose of VX was so high that Kim showed symptoms within minutes. Kim fainted at the airport clinic and died in the ambulance while en route to a hospital, he said.

"VX only requires 10 milligrams to be absorbed into the



Kim Jong Nam AP FILE

system to be lethal, so I presume that the amount of dose that went in is more than that," he said at a news conference.

Asked how long it took for Kim to die, Subramaniam said, "I would think it was about, from the time of onset, from the time of application, 15-20 minutes."

North Korea has denied any role in the attack.

THE ASSOCIATED PRESS



EGYPT COPTIC CHRISTIANS FLEE HOMES AFTER DAESH ATTACKS

An Egyptian woman comforts an elderly Coptic Christian who weeps upon arriving to take refuge at the Evangelical Church in the Suez Canal city of Ismailiya on Saturday as dozens of Copts leave Egypt's Sinai Peninsula after a string of jihadist attacks by Daesh killed three Christians in the restive province.

AFP/GETTY IMAGES

Father of fallen soldier refused to meet Trump

The father of a Navy SEAL killed during an anti-terrorism raid in Yemen is demanding an investigation into its planning and criticized the Trump administration for its timing.

Bill Owens told The Miami Herald in a story published Sunday that he refused to meet with President Donald Trump when both came to Dover Air Force Base to receive the casket carrying his son, Chief Special Warfare Officer William "Ryan" Owens.

"I want an investigation," said Owens, a retired Fort Lauderdale police detective and veteran. "The government owes my son an investigation."

White House spokeswoman Sarah Huckabee Sanders told ABC's This Week on Sunday she believes the president would support an investigation.

"I can't imagine what this father is going through," she said. "His son is a true American hero, and we should forever be in his son's debt."

The younger Owens, a 36-year-old married father of three, was the lone U.S. fatality in the Jan. 27 raid on a suspected al-Qaida compound.

The elder Owens told the Herald he refused to meet with the president because the family had requested a private ceremony.

THE ASSOCIATED PRESS

BROADCASTING

Nordic nation baffled again after Fox News airs an 'expert'

A wave of puzzlement is rippling across Sweden for the second time in a week, after a prominent Fox News show featured a "Swedish defence and national security advisor" who's unknown to the country's military and foreign-affairs officials.

Swedes, and some Americans, have been wondering about representations of the Nordic nation in the U.S. since President Donald Trump invoked "what's happening last night in Sweden" while alluding to past terror attacks in Europe during a rally Feb. 18. There hadn't been any

major incident in Sweden the previous night.

Then, Fox News commentator Bill O'Reilly convened an on-air faceoff Thursday over Swedish immigration and crime between a Swedish newspaper reporter and a man identified on screen and verbally as a "Swedish defence and national security advisor," Nils Bildt.

Bildt linked immigration to social problems in Sweden, lamented what he described as Swedish liberal close-mindedness about the downsides of welcoming newcomers and said: "We are unable in Sweden to socially integrate these people," arguing that politicians lacked a systematic plan to do so.

But if viewers might have taken the "advisor" for a government insider, the Swedish Defence Ministry and Foreign Office told reporters they knew

“
He is not in any way a known quantity in Sweden.

Robert Egnell

nothing of him.

Bildt is a founding member of a corporate geopolitical strategy and security consulting business with offices in Washington, Brussels and Tokyo, according to its website. But security experts in Sweden said he wasn't a familiar figure in their ranks in that country.

"He is not in any way a known quantity in Sweden and has never been part of the Swedish debate," Swedish Defence University leadership professor Robert Egnell said on Saturday. He and Bildt — also known then as Nils

Tolling — were in a master's degree program in war studies together at King's College London in 2002-2003, and Bildt moved to Japan soon after, he said.

The executive producer of The O'Reilly Factor said Bildt was recommended by people the show's booker consulted while making numerous inquiries about potential guests.

Bildt didn't respond Saturday to email inquiries; a person who answered the phone at his company agreed to relay one. He told Dagens Nyheter on Friday that he was a U.S.-based independent analyst, and Fox News had chosen its description of him.

"Sorry for any confusion caused, but needless to say I think that is not really the issue. The issue is Swedish refusal to discuss their social problems," he added in a statement to the website Mediaite. THE ASSOCIATED PRESS



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Protest is 'not a battle, it's a siege'

POLITICS

Democrats use Tea Party tactics at town halls across the U.S.

Near the end of his town hall meeting last week in a rural Virginia county, Republican Congressman Dave Brat tried to defuse the tension with comedy.

"Anybody got a good joke?"

A couple hundred people who couldn't fit into the cramped restaurant were standing outside, listening on loudspeakers. Their roaring answer could be heard through the closed door: "You!"

Democrats are in no mood for friendly banter. Disturbed by the election of Donald Trump and determined to thwart his agenda, progressives around the country are borrowing a move from the Tea Party movement that impeded Barack Obama in the early years of his presidency: swamping legislators' local meetings to pepper them with jeers and tough questions.

Their primary goal, for the moment, is to protect the Affordable Care Act, the threatened health-care overhaul the Tea Party tried to prevent from coming into existence. More broadly, they want to show lawmakers there will be consequences for supporting virtually any part of the president's program — at the very least, being pestered



Constituents of Congressman Dave Brat protest during a town hall meeting with the congressman in Blackstone, Virginia, on Feb. 21. STEVE HELBER/THE ASSOCIATED PRESS

at every turn when they come home from Washington.

"I have no illusions that those of us who are horrified by Trump's election are going to have something miraculous happen. This is not a battle, it's a siege. But this kind of event gives us energy. And it puts people like Dave Brat on notice: He may have cruised along the first time around, but this is what his life is going to be like now, every day," said Professor Mary Mullins, 61, a Brat constituent who had not been politically active

since her youth.

The movement's bible is an online manual called Indivisible: A Practical Guide for Resisting the Trump Agenda. Written by about 30 former Democratic congressional aides and posted online in December, it provides advice, based largely on Tea Party tactics, on how to get members of Congress to listen.

Veteran activists are helping to organize a movement some describe as "the resistance," and Matt Kibbe, president of prominent Tea Party backer Freedom-

Works during the heyday of that movement, said Republicans are still "wrong to dismiss it."

"Republicans are now accusing these activists of everything the Democrats accused the Tea Party of in 2009. I don't think Democrats understood that the Tea Party was real, and maybe some Republicans don't appreciate that this is real," said Kibbe. "There's obviously a lot of professional community organizers involved, but you can't create this kind of grassroots participation. It has to be organic." TORSTAR NEWS SERVICE

Suspect in Mardi Gras crash three times over the limit

The man who allegedly plowed into a crowd at a Mardi Gras parade in New Orleans had a blood alcohol level nearly three times the legal limit, police said Sunday.

The New Orleans Police Department issued a statement identifying the man as 25-year-old Neilson Rizzuto. He's being held at the city's jail on several charges.

The accident happened Saturday during one of the busiest nights of Mardi Gras. Police said Sunday that 28 people were hurt in the accident that sent 21 people to the hospital. At least three victims remained



Neilson Rizzuto
ORLEANS PARISH SHERIFF'S OFFICE

hospitalized overnight with moderate to serious injuries, police said Sunday. There were no fatalities.

Police say a breath alcohol test determined that Rizzuto's alcohol level was nearly three

times the legal limit.

Rizzuto's father said he was still trying to understand what happened and that his son is a "good kid." John Rizzuto told the station that he spoke with his son multiple times Sunday morning and that his son said "a stranger gave him a drink off the street and that's the last thing he remembered."

Among the injured was one New Orleans police officer. Harrison said Saturday night the officer, who was on duty, was undergoing tests to determine the extent of her injuries. She was in "good spirits," he said.

Saturday night's parade was put on by the Krewe of Endymion, which is known for its long, elaborate floats and the big party it hosts at the Superdome after the parade.

THE ASSOCIATED PRESS

Trump wasn't elected to hang with celebs: Spokeswoman

The White House says that when President Donald Trump skips the White House Correspondents' Association dinner, expect him to spend that Saturday night in April "focused on what he can do to help better America."

The dinner attracts politicians, journalists and celebrities and is typically attended by the president, who's often roasted.

Trump isn't saying why he won't be there.

Spokeswoman Sarah Huckabee Sanders says it's "kind of naive of us to think that we can all walk into a room for a couple of hours and pretend that some of that tension isn't there."

She said that Trump wasn't elected "to spend his time with reporters and celebrities."

THE ASSOCIATED PRESS

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A stranger gave him a drink off the street and that's the last thing he remembered. John Rizzuto

Sun rises on music retail

POP CULTURE

Sunrise Records plans to move into 70 former HMV locations

Sunrise Records is placing a major bet on Canadian music sales with plans to move into 70 retail spaces being vacated by HMV Canada.

The Ontario-based music retail chain has negotiated new leases with mall landlords across the country. Sunrise's expansion gives the company a quick foothold in the Canadian music scene just as the industry's largest retailer closes shop. Stores will begin to open this spring after HMV liquidates its stock.

"It's a good opportunity for us to get a lot more stores open," Sunrise Records president Doug Putman said in an interview.

"We think there needs to be a great outlet across Canada to buy music."

The 32-year-old executive's investment comes at a time when many are dismissing physical music sales as more listeners shift to streaming options.

Compact disc sales fell 19 per



The HMV outlet at the Mic Mac Mall in Dartmouth, N.S. on Friday. Sunrise Records hopes to fill the hole in pop culture retail once HMV Canada liquidates its stock. ANDREW VAUGHAN/THE CANADIAN PRESS

cent to 12.3 million units last year, according to data compiled by Nielsen Music Canada. Meanwhile, on-demand audio streams experienced dramatic growth, rising 203 per cent to 22 billion streams, helped by services like Apple Music and Spotify.

Putman isn't convinced the data signals the end of physical media.

"A lot of the younger consumers still love having something tangible," he argued.

Putman bought the Sunrise chain from Malcolm Perlman in October 2014 just as streaming was going mainstream. Perlman had spent the previous few years shutting down most of the Sunrise stores in the Toronto area, often blaming higher rent.

When Putman gained control of the company, there were five Sunrise Records stores left. He's since doubled the number by opening in Ontario cities like Ottawa and North Bay. He said all of those stores are profitable.

His approach is a departure from the financials at HMV.

In court documents filed last month, HMV painted the im-

\$100K

Court documents filed in January indicate HMV was hemorrhaging money, losing \$100,000 a day. Putman says Sunrise aims to be fully profitable by 2018.

age of a hemorrhaging business where sales were projected to slide to \$190 million in 2016.

Sunrise Records will invite 1,340 former HMV employees to apply for 700 positions as it moves into the new locations.

The company was unable to reach new terms for about 30 of the closing HMV stores, Putman said, including the company's flagship location at Yonge and Dundas streets in Toronto. Some landlords weren't interested in a "pop culture" chain, he said.

Staying ahead of trends will be one of the biggest challenges Sunrise faces as it defines itself as a hybrid music retailer and cultural merchandiser.

"Is the business the same today as it was five years ago? Of course not," he said. "And it's going to be very different in three years. It's up to us to adapt and change." THE CANADIAN PRESS

ISRAEL

Amazon CEO asked to help halt hatred

Israel's official Holocaust memorial has asked Amazon to stop selling literature on its site that denies the genocide of 6 million Jews during the Second World War and otherwise encourages the spread of anti-Semitism.

Yad Vashem's director of libraries Robert Rozett says he has dispatched a letter to Amazon CEO Jeff Bezos offering his assistance to "curb the spread of hatred."

Rozett says Sunday that Yad Vashem has approached Amazon before on the subject but the Internet retailing giant insisted that it would not halt the sale of offensive and inciting material, citing the right to freedom of information.

Rozett says he hoped that given the recent spike in anti-Semitic incidents in the United States, particularly a vandalism attack on a Jewish cemetery near St. Louis, Mo., Amazon would reconsider its position.

He says he has yet to hear back. THE ASSOCIATED PRESS

RELIGION

Vatican hires firm to enforce papal copyrights

God's love may be free, but the Vatican says it has a copyright on the Pope.

Unnerved by the proliferation of papal-themed T-shirts, snow globes and tea towels around the world, the Vatican has warned it intends to "protect" the image of Pope Francis. It also wants to protect the crossed keys emblem of the Holy See.

"The secretary of state will undertake systematic surveillance aimed at monitoring the way in which the image of the

Holy Father and the emblems of the Holy See are used, intervening with opportune measures when necessary," the Vatican said in a statement.

To back up this declaration, the Vatican has hired the global law firm Baker McKenzie to protect its intellectual property rights, the Italian daily Corriere della Sera reported, without citing its source.

The threat of enforcement marks a sea change for a church that for some 2,000 years has

seen popes venerated on all manner of flags, banners and medals. But the popularity of Francis and the ease with which his image can be copied in the Internet age has spawned a flood of papal trinkets.

"The pope's image rights are no different from those of any other famous celebrity and so it's not surprising that the Vatican is giving notice that it will protect its (intellectual property) rights as necessary," said Nick Kounoupas, the founder of an

intellectual property consultancy in London.

The decision reflects an evolution as the Vatican adapted to modern markets.

"It's not new that people were selling T-shirts of the pope, but (previously) those were probably little local vendors," said Mark McKenna, an intellectual property expert at the Notre Dame Law School in Indiana.

"In a world of Etsy, you are able to do it on a bigger scale," he said. THE ASSOCIATED PRESS



Pope Francis magnets are displayed at a shop in downtown Rome on Saturday. THE ASSOCIATED PRESS

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

How do I support a person I care about, but am not close to, who was recently diagnosed with cancer?

Dear Ellen,

An acquaintance of mine was recently diagnosed with breast cancer. She's not a close friend, but someone I care about. How do I keep in touch, without hovering and asking intrusive questions?

Signed, Concerned

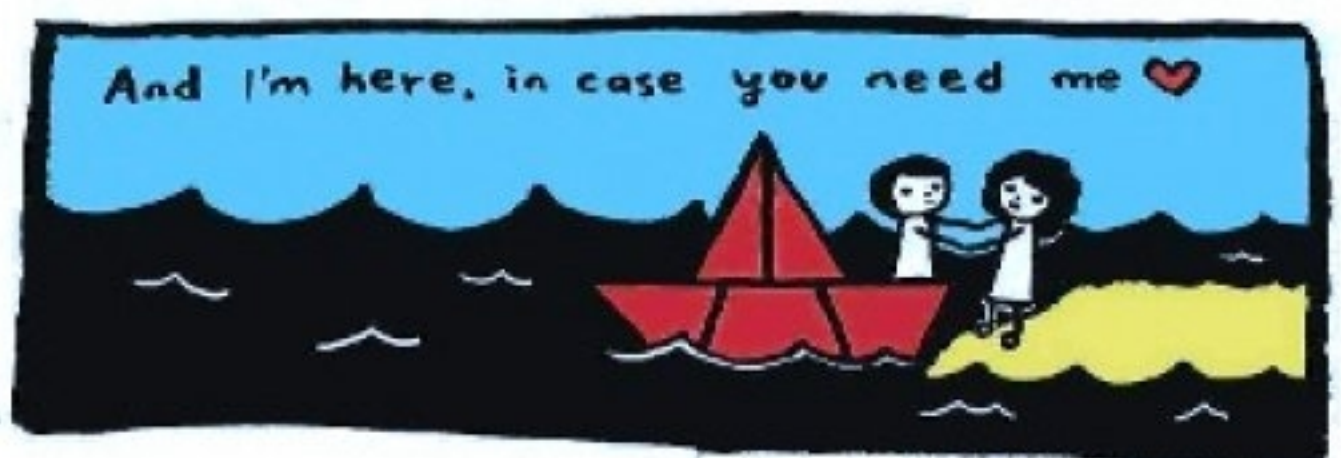
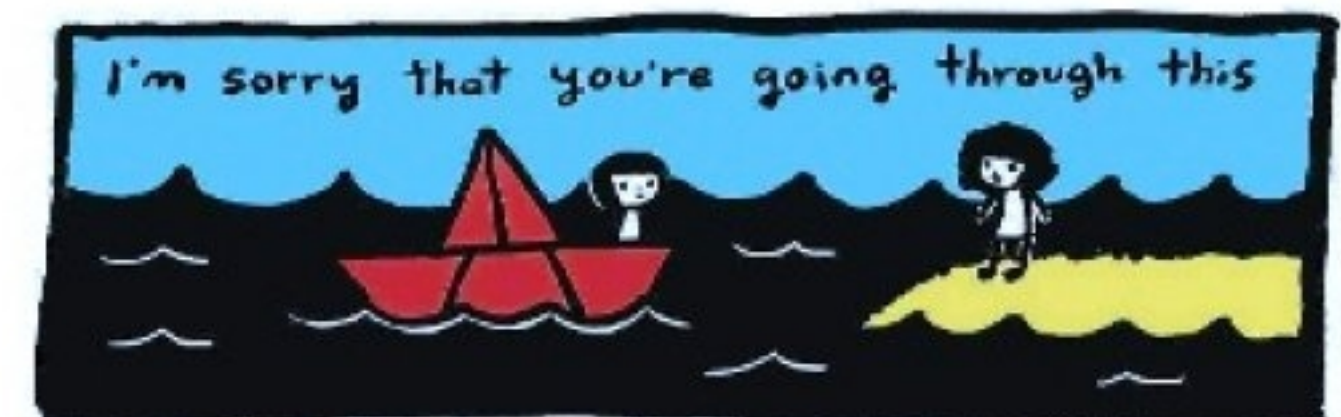
Dear Concerned,

The rules of etiquette are clear and easy to follow when it comes to big events like births, weddings, and funerals. It gets trickier with all the messy stuff in-between — like the times our friends and acquaintances are dealing with problems like depression, divorce or disease. It's easy to back away and tell ourselves we "don't want to intrude" and then wait for an invitation to act. But based on my own experiences, and mistakes, I've come around to the belief that it's better to err on the side of effort, rather than refrain from action.

I still regret my behaviour years ago, when a sort-of friend lost her fiancé in a traffic accident days before their wedding. I talked with some of her closer friends about it, and they said they'd decided to "just let her be" and not "bother" her. They'd see her around and be extra nice when she finished grieving and resumed socializing. Except she never did. She moved to another province and we never saw her again.

It felt wrong at the time, but I followed their lead and did nothing. Now I realize how cowardly that was. What I should have done was urged her closer friends to pick up the phone and call her

It's better to err on the side of effort.



Ani Castillo

immediately, and then sent a card myself instead of sitting here decades later, still filled with regret.

It's important to respect people's privacy. But if the knowledge of your acquaintance's cancer is out in the world, it's a mistake to use that privacy as an excuse not to act. So I'm glad to see that you, unlike my younger self, have the proper and compassionate — i.e. exquisitely well-mannered — impulse to "keep

in touch" and are simply wondering how best to do that.

I suggest reaching out with an email or card, mentioning that you've heard what she's going through, you're thinking of her, and you'd love to hear from her, or see her, anytime she feels like getting in touch.

Worst-case scenario for you is that she's furious you dared to contact her — but that's okay. She's allowed to react anyway she likes at this point. And though it won't be pleas-

ant for you, the fact is you acted in good faith, and deep down your sincere concern will register with her.

What you don't want is to leave her alone during what is probably the worst time of her life. It's always better to follow a generous instinct than ignore it — even if it feels clumsy and messy, like life.

Need advice?
Email Ellen:
scene@metronews.ca

VICKY MOCHAMA

Oscar-nominated doc highlights ongoing white apathy

This Black History Month, I have been thinking a lot about white people.

Because it feels increasingly condescending to congratulate black people for their bravery and rebellion without admonishing the society that made it necessary.

In *I Am Not Your Negro*, an Oscar-nominated documentary film based on an unfinished manuscript by late American writer James Baldwin, the author explains with commanding calm that the construct of race is ultimately something white people need. Until they question why they need race, there will always be racism.

So when we are supposed to celebrate the achievements of black people, I find myself looking past it to the history of white people who, through indifference, apathy and violence, stood in the way of those achievements. They still do.

I think of Viola Desmond, celebrated for her brave stance. Her bold action: daring to want to watch a movie like a person. For the quotidian act of insisting on her humanity, she was dragged out of a Nova Scotia theatre, imprisoned and fined. Shamed by the publicity of this story decades later, successive governments have apologized, issued stamps, and now a \$10 bill.

Yet, part of that history is being conspicuously hidden: Desmond was not dragged out of an empty theatre. White moviegoers stood idly by. If the photos of black children integrating schools in

the U.S. are any indication, white moviegoers jeered and cheered this violence. Perhaps, in a more Canadian way, they shook the hands of the theatre manager and the police officers to thank them. I can only guess; theirs aren't the stories we share.

Until white people develop intellectual curiosity about themselves, how can black people believe that "official" acts of contrition have fixed this pathology in the people who believe themselves to be white?

Where white supremacy is the de facto law of the land, race relations describes a two-way mirror. In it, only one side sees the other while one sees only their reflection. Black people, yes, black people in Canada too, not only know our culture and history, but we know white culture and history — and the pathology that protects and defends white supremacy — with a terrible closeness.

I find it hard to pretend the "successes" of black people are not just also reflections of white people and their institutions that, in cutting and critical ways, prevented black people from being more successful.

As Baldwin says in the documentary, "Not everything that is faced can be changed, but nothing can be changed until it is faced." The jeering white mobs and silent white moviegoers are the faces of white people you know.

This Black History Month, I have been thinking: When is White Complicity Month?

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A night for inclusion and empathy



Clockwise from above: Mahershala Ali won best supporting actor for his role in *Moonlight*; Viola Davis won best supporting actress for her role in *Fences*; Anousheh Ansari read out a powerful statement on behalf of Asghar Farhadi, Iranian director of best documentary *The Salesman*.



GETTY IMAGES



OSCARS

One year after backlash, the Oscars offer a Trump rebuttal



Joe Callaghan
Metro Canada

A year after the narrow focus of nominations sparked the social media backlash #OscarsSoWhite, the 89th Academy Awards sent out a booming message of inclusion and empathy Sunday.

Cast in the shadow of Donald Trump's controversial moves in his first month as U.S. president, the Oscars were always likely to see a rebuttal to the divisive messages that dogged last year's election. So it proved.

A first Muslim actor winning an award was quickly followed up by three more African-American triumphs — setting a record — before an Iranian director, who had boycotted the ceremony in the wake of Trump's Muslim travel ban, claimed best documentary honours.

The awards had kicked off as expected — with one man front and centre. But once the Trump jokes that host Jimmy Kimmel peppered his opening riff with died down, there was a moment — and a victory — of true significance. And it proved to be a sign of things to come.

In the night's first award category, Mahershala Ali became the first Muslim actor to win an Oscar, his role in coming-of-age drama *Moonlight* securing

him the best supporting actor honours.

Ali had made an impassioned acceptance speech last month at the SAG Awards, referencing persecution of minorities days after Trump's Muslim travel ban had been introduced. But on Sunday he concentrated on paying tribute to his loved ones.

Nonetheless, the recently elected president was prominent throughout the early evening at the Dolby Theatre with several top nominees sporting blue ribbons supporting the American Civil Liberties Union along the red carpet.

Once things got underway, Kimmel soon got down to what most had expected of him — roasting the U.S. president.

"I want to say thank you president Trump. I mean, remember last year when the Oscars seemed racist?" said the late night TV host.

Kimmel then singled out Meryl Streep, whom Trump derided as "overrated" after her fiery Golden Globes speech last month. Listing some of her credits, Kimmel said Streep has "phoned it in for over 50 films." He led a standing ovation for the "overrated" actress before adding a pointed punchline: "Nice dress, by the way," he said. "Is that an Ivanka?"

It was Viola Davis who had

introduced Streep at the Golden Globes last month. On Sunday it was Davis who was accepting the adulation as she scooped best supporting actress for her powerful display in *Fences*.

She singled out her director Denzel Washington, glancing down at him sitting in the front row at the Dolby Theatre.

"Thank you for putting two entities in the driving seat: August and god," Davis said of *Fences* author August Wilson. "They served you well."

Iranian filmmaker Asghar Farhadi, winner of the Oscar for best foreign film, sent Iranian astronaut Anousheh Ansari to read a statement for him.

"Dividing the world into 'us' and 'enemies' categories creates fear," Ansari said, concluding with a passionate defense of the power of film to create empathy "between us and others, an empathy that we need today."

Even in animation, inclusion won the day. Disney's socially relevant *Zootopia*, with tolerance its overarching message, took the Oscar for best animated feature.

The *La La Land* slide that had been anticipated gathered a little pace as the ceremony progressed as it picked up original score and song awards. However, *Moonlight* scored another big win when it took best adapted screenplay. WITH FILES FROM CP



It's been an amazing year for movies. Black people saved NASA and white people saved jazz.

Jimmy Kimmel, host, on *Hidden Figures* and *La La Land*

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STAR STYLE BEST DRESSED AT THE OSCARS

The Academy Awards is not a show where celebrities are generally rewarded for making bold fashion choices, but this year the best looks not only made a statement but took a stand. **NICHOLE JANKOWSKI/METRO**

Make a statement

Ruth Negga, nominated for best actress, accessorized her Valentino gown with responsibly sourced rubies as well as a blue ribbon supporting the American Civil Liberties Union — as did best original song nominee Lin-Manuel Miranda. Mica Levi, nominated in the category for best original score, wore a safety pin above her breast pocket in solidarity with minorities and victims of hate. Ava DuVernay chose a dress by a designer from a majority Muslim country.

ALL
PHOTOS
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Old Hollywood glamour

Hollywood loves to be self-referential — see: *La La Land*'s 14 noms. So while it's a safe bet to wear fashion the industry made famous, it's one that's guaranteed to land Kirsten Dunst (in Dior Haute Couture) and Emma Stone (in Givenchy Couture) on best-dressed lists.

Shoulder pads

The eighties are back in a big way so it's no surprise that shoulder pads made an appearance at the awards. Dakota Johnson rocked a Gucci frock with strong shoulders as did best-actress nominee Isabelle Huppert (in Armani Privé).

Quebec couple hoping their box bags big fans

GIFTS

Positive Cube is included in Oscar winners' bags of swag

Along with luxury vacations, diamond bracelets and personal training sessions, celebrities who receive unofficial gift bags at the Oscars this year will also get a modest offering from Quebec.

The famously over-the-top swag bags, whose value usually runs in the six figures, is distributed annually by a Los Angeles-based marketing company to the nominees in the best actor, actress, supporting actor and actress and best director categories.

This year, the bag will contain a Positive Cube — a small wooden box produced by Quebec-based company Bangarang. The boxes contain 199 cards, each bearing a positive or inspirational saying.

Marie-Eve D'Amico, one-half of the young couple behind the product, is crossing her fingers



Martin Brouillard and Marie-Eve D'Amico are seen next to a display of Positive Cubes, a small wooden box produced by the Quebec company Bangarang. THE CANADIAN PRESS/PAUL CHIASSON

that a big star such as Meryl Streep or Denis Villeneuve will take a shine to it.

"With the mission we have of spreading the positive and supporting worthy causes, I think that touches people, so we'll see," she said in a phone interview.

D'Amico said she paid a fee, which she declined to reveal, to be included in the bag for both the Grammy Awards and

the Oscars. It's a marketing move she says is already paying off — even without a star endorsement.

"It's a lot of visibility," she said. "We've already had a lot of sales in the United States since the announcement that we were in the Grammy bag," she said.

Although the company that produces the gift bags says it isn't officially affiliated with

the Oscars, being associated with a celebrity event can be an effective marketing tool, another Quebec entrepreneur says. 2017 will mark the fifth year Rouge Maple has been contributing organic syrup and other maple products to the celebrity gift bags.

Co-founder Julie DeBlois says the event's visibility has boosted exposure and allowed the company to associate itself with a glamorous event.

"It's a golden opportunity if you fit with the brand," she said. "They want something refined, high-end — a niche product."

But one Alberta jewelry maker says even small-town entrepreneurs can benefit from Oscar exposure.

Kim Ducherer says her "Farm Wife Style" line of affordable handmade jewelry is still selling well after going in the bags last year.

"It was definitely worth it," said Ducherer, who lives on a farm outside Leduc, Alta.

"When you're in a small Canadian community, doing that will give you a lot of local exposure." THE CANADIAN PRESS

CANADIAN WINNERS

Joy for Canada in sound, animation

Montreal's Sylvain Bellemare gave a shoutout to his home city and expressed his fondness for Quebec director Denis Villeneuve as he won the best sound editing Oscar for *Arrival* on Sunday.

"This award, by far, is a collective award made by people from many countries around the world, led by the Quebec team. Salut, Montreal," he said in his thank-you speech.

He then thanked the cast and crew, including star Amy Adams, who failed to get a nomination.

"Amy Adams, you're a wonderful person and a profound actress. Thanks a lot," said Bellemare. "Denis Villeneuve ... I love you so much. You bring love to us. All we need is love. Good night."

Later a teary-eyed Alan Barillaro of Chippawa, Ont., thanked his three little birds — his children — as he accepted the best animated short Oscar for *Piper* on Sunday.

The six-minute film, produced by Pixar, depicts a baby bird and her mother trying to dodge waves while searching for food on the beach.

"My parents, my wife, Nancy, my three little pipers at home who inspired this story



Sylvain Bellemare toasts his Oscar triumph. GETTY IMAGES

... I love you and may you always have the courage to face your fears," Barillaro said in his speech, in which he also thanked his supporters and mentors.

Piper was one of three projects from Canadian animators in contention for the best animated short Oscar. The others were *Pear Cider and Cigarettes*, directed by Vancouver's Robert Valley, and *Blind Vaysha* by Montreal's Theodore Ushev.

"There's a legacy of great animation from Canada that you feel really proud to be a part of," said Barillaro

THE CANADIAN PRESS

JOHANNA SCHNELLER **WHAT I'M WATCHING**

Taking Midnite Movie turn feels like a cheat

THE SHOW: *I Don't Feel at Home in This World Anymore* (Netflix)
THE MOMENT: "Waah, waah"

Chris (Robert Longstreet) is a rich guy, clearly dirty somehow. He comes home to find Ruth (Melanie Lynskey, great) and Tony (Elijah Wood), having a blast on his sofa.

Ruth explains: Chris's son broke into her house and robbed her. "I came here to find him," she says. "To confront him."

"How dare you? Waah waah?" Robert says mockingly. "Like that?"

"Exactly," Ruth says. "You can't do that to people."

He smiles cruelly. "You say that like it means something. Anyone can do anything if you let them. Welcome to the world."

He offers her a payoff. She refuses. "Then I'm confused," he says. "What do you want?"

"For people not to be a—s," she replies.

This is one of those signal conversations, occurring just after the midpoint, where characters state the theme of the



Elijah Wood and Melanie Lynskey in *I Don't Feel at Home in This World Anymore*. CONTRIBUTED

story they're in. For the first 20 minutes, Ruth is meek. In the next 30, we watch her find her voice. Now we clearly see that her enemy isn't just the thieves of the world — it's the jackasses, too. But then I also get confused, because this telefilm (written and directed by Macon Blair), which starts off as reflective and lonely, takes one of those Midnite Movie turns into another genre altogether. I get that this

is Blair's specialty (he made the indie films *Blue Ruin* and *Green Room*), and that it's considered cool — you won't see it coming! Here it feels like a cheat, though, not to mention a rather uninspiring moral: If you can't beat the a—s, join 'em.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Film world mourns Bill Paxton's death

OBITUARY

Movie credits include Apollo 13, Titanic, The Terminator

Bill Paxton, a prolific and charismatic actor who had memorable roles in such blockbusters as *Apollo 13* and *Titanic* while also cherishing his work in *One False Move* and other low-budget movies and in the HBO series *Big Love*, has died from complications due to surgery. He was 61.

A family representative issued a statement Sunday on the death but provided no further details.

Paxton, a Fort Worth, Texas, native, appeared in dozens of movies and television shows and seemed to be around when history was made both on and off screen. As a boy, he was in the crowd that welcomed President John F. Kennedy in Texas on the morning of Nov. 22, 1963, hours before Kennedy was killed in Dallas. As a young man, he worked in the art department for "B" movie king Roger Corman, who helped launch the careers of numerous actors and filmmakers.

Paxton's movie credits included some of the signature works of the past 40 years, from *Titanic* and *Apollo 13* to *The Terminator* and *Aliens*. Television fans knew him for his role as a polygamist, with three wives who expected the best from him, in the HBO series *Big Love*, for which he received three Golden Globe nominations.

Paxton was currently starring in the CBS drama *Training Day*, which premiered Feb. 2. The network has not yet announced



Bill Paxton was currently starring in the CBS drama *Training Day*. The actor has died from complications due to surgery, his family said in a statement Sunday. GETTY IMAGES

whether it will continue to air the completed episodes.

Paxton is survived by his wife of 30 years, Louise Newbury, and their two children. His first marriage, to Kelly Rowan, ended in divorce.

His death adds a sad note to Sunday night's Academy Awards ceremonies. Paxton was never nominated but appeared in several Oscar-winning movies and was beloved and respect-

ed throughout Hollywood and beyond.

"I'm a frustrated romantic actor," he told *The Associated Press* in 2006. "I wanted to play the Bud part in *'Splendor in the Grass'*, I wanted to play Romeo — the great, unrequited, tragic love stories. I've gotten to mix it up a bit with the ladies but the romance has been a subplot, running from the tornado or whatever." THE ASSOCIATED PRESS

REACTION

Stars paying tributes to actor



Bill Paxton was a big-hearted, thoughtful and honourable person. He always had a smile and could entertain any room with his wonderful stories of his many amazing years in Hollywood.

Chloe Sevigny, Paxton's *Big Love* co-star



Bill Paxton could play any role, but he was best at being Bill — a great human being with a huge heart.

Arnold Schwarzenegger



Devastated by the sudden loss of my close friend and one of the finest actors in the business.

Rob Lowe, on Twitter



Is your child troubled by depression?

If your child is between the ages of 7 and 17, is affected by depression and still experiencing its symptoms — you may be interested in the Kites clinical research study.

Kites, an ADVANCE study, is a clinical research study that will evaluate the effectiveness of an investigational drug in treating depression in children and young people.

To find out more, please contact the study team at 403.210.6904.

THE MATHISON CENTRE
OF MENTAL HEALTH RESEARCH & EDUCATION

UNIVERSITY OF CALGARY
JUNNING SCHOOL OF MEDICINE

This study has been approved by the University of Calgary Conjoint Health Research Ethics board
 Ethics ID: REB16-0708, REB16-0904

Don't stunt kids' financial growth



Prakash Amarasooriya, a 24-year-old member of the Toronto Youth Cabinet, last year led the charge for financial literacy in schools. His efforts paid off — earlier this month the Ontario Ministry of Education said it will roll out a pilot program on financial skills for high school students. CONTRIBUTED

ADVICE

What you do, not what you say, has way more impact

Gail Vaz-Oxlade
For Metro Canada



Financial literacy — particularly the idea that it should be taught in school — is gaining traction.

I look at parents trying to shove their responsibility onto the school system and it makes me want to throw up in my mouth. Seriously. You don't think that what you do with your money is going to have more of an impact than what some teacher talks about in a class?

If you tell your kids to save but you don't save, the mixed message is confusing for children. If you tell your children not to impulse shop, but you never walk into a store with a list that they can see, how do they know you're not impulse shopping? What you do has way more long-term impact on your kids than what you say. So you've got to be walking the talk.

If your money is a mess, look at your babies and decide that today is the day you clean up your confusion so that you can start being for your children

what you want them to be for themselves.

Being smart about money is more about discipline than it is about book-learnin'. Sure, there are some sophisticated concepts in money management, but the basics are plain old common sense.

Practise what you're preaching. If you're always struggling to get things to come out even, you'll make money management look hard. Put a system in place and be disciplined about what you do with your money and you'll make money management look like a skill.

If you don't talk about money in your family, you're sending a message. Maybe you're saying, "I'm embarrassed about what I don't know." Maybe you're saying, "I feel stupid about money, so I'd rather not mention it." Or maybe you're saying, "Money isn't important enough to talk about."

Your children are hearing you loud and clear.

People who are uncomfortable talking about money want to unload the yucky job on someone else: teachers should do this; schools should have a curriculum; the bank should teach you what you need to know.

Wake up! The bank is in business to make money. Schools have enough to work into the curriculum without picking up your slack. And as for teachers ... they're just people. Have you seen how many teachers I've had on my TV shows?!

The only way to teach children about money is to give them some to work with. And you're the only person who can give your children money. You're also the best person to see the opportunities to teach money lessons from when your tots are wee to when your teenagers hit the tall and know-it-all stage.

If you have some preconceived notions about teaching kids about money, those notions will influence how you communicate. If those notions are getting in the way of teaching good lessons, it's time to flush away your prejudices

and open up your mind to all the opportunities to do things differently.

Not talking about your money is one of those things you have got to get over!

For more money advice, visit Gail's website at gailvazoxlade.com

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 **YOU CAN DO THIS** FILM/VIDEO EDITOR

It's all about storytelling

WHY I LIKE MY JOB

Lauren Horn, 28, video editor, School Editing, Toronto.

In high school, I'd go around filming my friends and family editing the videos together using whatever program came with my computer. It was a lot of fun, and I saw that it was a viable career option — so I went from there.

I took an undergrad in a bachelor of arts, specialized in motion pictures in Johannesburg, South Africa, where I'm from. We were given the option to study any portion of film — writing, directing, cinematography and I fell in love with the editing part of it.

Today, I work with a lot of advertising agencies, primarily on commercials.

At the crux of it, editing is all about storytelling — taking a mass of footage and creating a storyline out of it. It's about taking the raw material you have and creating something engaging.

On any given day, I'm looking through footage, cutting it together or showing my clients what I've come up with. I might have anywhere from three to 10 hours of footage, which we need to get down to 30 seconds. It can take several days. The goal is to get my clients to say, "this is great, and it's going on air."

I'm really passionate about my job. We work crazy hours: I can work until 5 a.m. and not even look at the clock because it's all-consuming — which I love. I liken my job to working with a 1,000-piece puzzle.



THE BASICS: Film or video editor

\$45,743

Median annual salary for video editors. Experienced film editors can expect to make upwards of **\$74,858**.

+14%

The amount of growth expected in this field over the next eight years.

Data for this feature was provided by torontofilmschool.com, monster.ca, onetonline.org, payscale.com, yorku.ca and ubc.ca.

HOW TO START

There are a number of different ways people can get into film editing. Some universities, such as York University and the University of British Columbia, offer bachelors and masters programs in film arts, with specialities in the production process. Colleges across the country (including London's Fanshawe and Toronto's Sheridan) and specialty and vocational schools (such as the Toronto Film School) also offer specialized certificates and diplomas. In most post-secondary programs, students can expect to learn general insight into how the film industry works, as well as production theory. Those specializing in editing will also learn to develop storyboards, as well as how the software works to cut video together. Most programs also offer internships for hands-on training. Those looking to skip school can also learn the editing process on the job, though most positions require some form of previous experience.

WHERE YOU CAN GO

Film editors are most prevalent in Toronto and Vancouver, where the advertising and film and TV industries are concentrated, though there are opportunities across the country. Those who aren't interested in working in film, television or advertising can often find jobs in many newsrooms, while big corporations will often employ video editors to handle corporate communications.



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CHANGING PATH

Tech student joining a circus

Liz Brown
For Metro Canada



In a grey-block building on the University of Waterloo campus, in a room filled with humming computers and workstations partitioned by beige cubicle walls, Sara Greenberg is hard at work creating algorithms to enhance her aerial circus performances.

The systems design engineering master's student — who moonlights as an acrobat and aerialist — claims she's the "weirdest person" in the computer lab. "I mean, everyone here is weird in their own great way," she says. "But I'm the only one running away to join the circus."

Right now, Greenberg, 25, is riding the high of fulfilling a lifelong dream. In January she got a call from Cavalia — the multimedia horse-themed circus show — offering her a two-year contract to perform in their China productions. In the show she'll be doing bungee trapeze and flying tricks in a harness, while holding the hands of someone riding a horse.

Performing full-time in a circus show was a dream Greenberg had since she started taking circus lessons in Halifax at age 14. A self-described "medi-



Sara Greenberg, a computer engineering student, is turning a lifelong hobby into a full-time gig after earning a spot to join Cavalia's circus in China.

COURTESY PILKINGTON PHOTOGRAPHY

ocre" gymnast when she was younger, she loved the people and culture of the circus.

By age 17, however, Greenberg had given up on the dream of performing full time for a major production like Cirque du Soleil. "I remember saying 'I'm not good enough' and 'I'm too old now,'" she says.

She decided to take a more traditional path, enrolling in engineering at the University of Waterloo. "It's the other thing I love," she says. "I love solving problems and working with technology."

Throughout her studies, Greenberg continued to dabble in circus, taking short contract gigs in shows across North America. When she graduated

and started work in Toronto as a web developer, she took an evening job as an instructor at Cirque-Ability, a firm offering aerial and acrobatics classes in the city's west end.

Greenberg even began incorporating her studies with her circus hobby. She created an algorithm called TIGGER (texture illumination guided global energy response). The program projects an aura-type image behind her as she's performing an aerial hoop act to Carl Sagan's Pale Blue Dot monologue.

Last summer, Greenberg heard that Cavalia was holding open auditions in Toronto and on a whim decided to give her dream of running away to join the circus one more shot.

TOURNAMENT OF HEARTS

Homan completes Scotties hat trick

Ontario's Rachel Homan refused to lose a third time to one team at the Canadian women's curling championship.

Homan reclaimed the Canadian title with an 8-6 win in an extra end over Manitoba's Michelle Englot on Sunday.

"That's an unbelievable win by my team," Homan said. "That's the hardest win we've ever fought for I think."

At 27, Homan is the youngest skip, male or female, to win three Canadian championships.

Homan, third Emma Miskew and lead Lisa Weagle out of the Ottawa Curling Club won the Scotties Tournament of Hearts in 2013 and 2014. It was the first Hearts win for second Joanne Courtney.



Rachel Homan
THE CANADIAN PRESS

They'll represent Canada at the women's world championship March 18-26 in Beijing. Homan has yet to win a world title.

"I can't wait to put the Maple Leaf on," Homan said.

Ontario had lost to Manitoba in both Friday's Page playoff game between the top two seeds and also to conclude their preliminary rounds Thursday.

Calgary's Chelsea Carey, the 2016 winner, beat Northern Ontario's Krista McCarville 7-4 for the bronze medal.

THE CANADIAN PRESS

NBA

Raptors finding ways without Lowry

DeMar DeRozan and newcomer Serge Ibaka continue to propel the Toronto Raptors back up the Eastern Conference standings.

DeRozan scored 33 points Sunday to lead the Raptors to their third consecutive victory, a 112-106 win over the Portland Trail Blazers on Sunday.

Ibaka added 18 points, 10 rebounds, two steals and a block in his second appearance for Toronto (35-24). Jonas Valanciunas had 15 points and seven boards, Cory Joseph, who started at point guard in place of an injured Kyle Lowry, finished



Serge Ibaka
THE CANADIAN PRESS

with 14 points and Delon Wright chipped in with 11.

Damian Lillard led Portland (24-34) with 28 points.

The revamped Raptors, who went into the night in fourth in the Eastern Conference, are trying to make a push back into the top couple of teams in the East, while Portland is scrapping for a spot in the post-season, in 10th place in the West.

THE CANADIAN PRESS

IN BRIEF

Jays drop two in Florida

The Toronto Blue Jays dropped a pair of exhibition split-squad games Sunday, falling 7-2 to the New York Yankees and 10-3 to the Philadelphia Phillies.

At Dunedin, Fla., Andres Blanco went deep and Nick Williams drove in two runs for the Phillies.

At Tampa, Fla., Starlin Castro hit a three-run homer and Billy McKinney added a two-run shot to power the Yankees' offence. THE CANADIAN PRESS

Forsberg continues torrid scoring pace vs. Oilers

Filip Forsberg scored for the fourth straight game, Viktor Arvidsson got the go-ahead goal and the Nashville Predators beat the Edmonton Oilers 5-4 on Sunday night. Ryan Ellis, Vernon Fiddler and Colin Wilson also scored for Nashville, winners of three straight.

Forsberg has eight goals and three assists in his last five games, including consecutive hat tricks against Colorado and Calgary. THE ASSOCIATED PRESS

Here's Johnny!

NHL

Flames centre breaks through with three points in N.C.

Johnny Gaudreau is generating goals again. It's not a coincidence that the Calgary Flames also are winning.

Gaudreau had two goals and an assist to help the Flames beat the Carolina Hurricanes 3-1 on Sunday.

Gaudreau has eight points in his last four games for the Flames, who have won four straight and have earned at least one point in six straight games. Calgary went 5-0-1 in that stretch, including a 4-0-1 record on a five-game road trip.

"We've got to keep this thing going," Gaudreau said. "We know we're setting ourselves up for an important March."

Victor Rask scored on the power play for Carolina. The Hurricanes have lost six of seven to fall into last place in the Metropolitan Division.

"I just don't think we ever got it going at any point in the game," coach Bill Peters said. "I don't think there was the ability to sag, because we never got to a level that was high enough."

And with the NHL's trading deadline Wednesday, Peters implied his team could be a seller.

"We made it easy on management, for sure," he said.

Micheal Ferland also scored and Brian Elliott made 34 saves for the Flames, with his best coming with roughly 15 minutes to play when he stopped



Johnny Gaudreau appears to be heating up in time for the Flames' playoff stretch run.

GERRY BROOME/THE ASSOCIATED PRESS

SUNDAY In Raleigh, N.C.

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| FLAMES | CANES |

Jeff Skinner from point-blank range.

Eddie Lack finished with 21 saves. He made his second straight start for Carolina.

Gaudreau had his third two-goal game of the season, scoring the go-ahead goal with 5:10 left in the second period when he scooped up his own rebound

and slipped it past Lack. Gaudreau tacked on an insurance goal with 8:55 remaining in the third with a wrist shot.

Gaudreau, who had 24 goals in 2014-15 and 30 a season ago, has just 13 this year.

"I know I've been struggling, trying to find the net throughout the season here," Gaudreau said. "But this road trip, I feel like I played a little bit more my game throughout the road trip. Played it simple. Just made smart little plays."

His scoring binge came after Ferland tied it on a breakaway, splitting the Hurricanes' de-

fencemen and beating Lack high with 13:55 left in the second.

It came after Rask put Carolina up 1-0 at 4:54 of the first, beating Elliott with a wrist shot from the circle for his first goal since Jan. 13.

"We've been trying to get better at playing down a goal throughout this stretch here," Gaudreau said. "It's great to see us keep coming back and showing some ... character and getting those wins. It was a great game for us. We played simple, we played the right way."

THE ASSOCIATED PRESS

TAMPA BAY-L.A. TRADE

Kings add Bishop to complement Quick



Ben Bishop made 31 saves in the Lightning's 2-1 win in Los Angeles on Jan. 16. HARRY HOW/GETTY IMAGES

The Los Angeles Kings have acquired goaltender Ben Bishop in a trade with the Tampa Bay Lightning.

Los Angeles sent Peter Budaj, defensive prospect Erik Cernak, a 2017 seventh-round pick and a conditional pick to Tampa Bay for Bishop and a 2017 fifth-round pick.

Lightning general manager Steve Yzerman announced the trade Sunday night, less than four days before the trade dead-

line.

Bishop, a pending unrestricted free agent, helped the Lightning reach the 2015 Stanley Cup Final. The Kings now have Bishop and 2012 and 2014 Cup winner Jonathan Quick, who returned Saturday from a long-term lower-body injury that had sidelined him since October.

The six-foot-seven Bishop, 30, is 16-12-3 with a 2.55 goals-against average and .911 save percentage. THE ASSOCIATED PRESS

Zlats the way United like it

LEAGUE CUP

Swede veteran nets twice to defeat Saints in Wembley final

Six months into their first seasons at Manchester United, Jose Mourinho and Zlatan Ibrahimovic have collected their first winners' medals.

Just how long this partnership of serial winners endures at United remains uncertain.

There's little doubt Mourinho wants Ibrahimovic to commit to staying at United into next season, especially after the 35-year-old striker's double clinched the League Cup with a 3-2 win over Southampton on Sunday. But Mourinho hopes the supporters will take direct action to convince the Swede to sign the contract extension the club has offered.

"I never beg for a player to sign a contract," said Mourinho, who previously coached Ibrahimovic at Inter Milan. "So I don't beg for players but if needed I think maybe United fans can go to the

+ PREM. LEAGUE

In the day's only Premier League game, Harry Kane scored a first-half hat trick before setting up Dele Alli's strike as Tottenham beat Stoke 4-0 to move into second in the standings, 10 points behind Chelsea.

Tottenham's eighth successive league win at White Hart Lane equals the club record set in 2009.

THE ASSOCIATED PRESS

door of his house and stay there. I think they will go for sure."

Especially after seeing the veteran take his United tally to 26 goals while younger captain Wayne Rooney was relegated to a non-playing role on the bench at Wembley Stadium, Rooney reaffirmed his future to United last week, rather than moving to China before its deadline-day on Tuesday, but it is a commitment from Ibrahimovic that the club is keener to hear. "We believe that he is going to stay with us one more season," Mourinho said.



Zlatan Ibrahimovic heads in the winning goal against Southampton in the League Cup final on Sunday at Wembley Stadium in London. MICHAEL STEELE/GETTY IMAGES

Ibrahimovic's first goal in the first final of the season came in the 18th minute, direct from a free kick. Jesse Lingard doubled United's advantage in the 38th minute to add to his Wembley goals in the FA Cup final and Community Shield in 2016.

But United threw away its advantage as Manolo Gabbiadini

scored either side of halftime to draw Southampton level in its pursuit of a first major trophy since beating United in the 1976 FA Cup final. The game was heading into extra time but Ibrahimovic had other ideas, meeting Ander Herrera's cross with a bullet header in the 87th minute. But it is United now

on course for a treble, still in contention for the FA Cup and Europa League.

The bigger target, though, is returning to the Champions League through winning the Europa League or by finishing in the Premier League's top four. United currently sit in sixth.

THE ASSOCIATED PRESS

IN BRIEF

Fowler takes Honda Classic
Rickie Fowler made it interesting Sunday for as long as it took him to make two big putts to pull away in the Honda Classic.

Staked to a four-shot lead, Fowler hit one putt into a sprinkler hole, hit a tee shot into the water and watched a big lead shrink to one over Gary Woodland early on the back nine. Fowler answered with consecutive birdie putts of 40 and 25 feet and closed with a 1-over 71 for a four-shot win. THE ASSOCIATED PRESS

Guay wins super-G bronze
Canadian Erik Guay captured a bronze medal in a men's World Cup super-G on Sunday.

The Mont-Tremblant, Que., veteran led at every interval of his final run until the last one, crossing the finish line 0.23 seconds behind winner Peter Fill of Italy. Guay's third super-G World Cup podium moved him into eighth place in the overall standings.

THE CANADIAN PRESS

NASCAR

Busch navigates his way through carnage to win Daytona

Kurt Busch had a monster start to the season with a last-lap pass to win the crash-filled Daytona 500.

Busch is sponsored by Monster Energy, which kicked off its first season as the title sponsor for NASCAR's top series Sunday with the season-opener. It wasn't NASCAR's finest moment, though, as multiple accidents

pared down the field and had a mismatched group of drivers racing for the win at the end.

"The more that becomes unpredictable about Daytona, the more it becomes predictable to predict unpredictability," Busch said. "This car's completely thrashed. There's not a straight panel on it. The strategy today,

who knew what to pit when, what segments were what. Everybody's wrecking as soon as we're done with the second segment.

"The more that I've run this race, the more that I just throw caution to the wind, let it rip and just elbows out. That's what we did."

It appeared to be pole-sitter



Kurt Busch
GETTY IMAGES

Chase Elliott's race to lose, then he ran out of gas. So did Kyle Larson, Martin Truex Jr. and Paul Menard. As they

all slipped off the pace, Busch sailed through for his first career Daytona 500 victory.

It also was the first Daytona 500 win for Stewart-Haas Racing, which is co-owned by Tony Stewart. The three-time champion retired at the end of last season and watched his four cars race from the pits.

"I ran this damn race (17) years and couldn't win it, so finally won it as an owner," Stewart said.

Ryan Blaney finished second in a Ford. AJ Allmendinger was third in a Chevrolet, and Aric Almirola was fourth for Richard Petty Motorsports.

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| 8 | 7 | 4 | 9 | 5 | 1 | 3 | 6 | 2 |
| 2 | 9 | 3 | 6 | 4 | 8 | 7 | 1 | 5 |
| 6 | 1 | 2 | 3 | 9 | 4 | 5 | 7 | 8 |
| 3 | 8 | 7 | 2 | 6 | 5 | 1 | 9 | 4 |
| 5 | 4 | 9 | 1 | 8 | 7 | 2 | 3 | 6 |
| 9 | 2 | 6 | 5 | 1 | 3 | 8 | 4 | 7 |
| 4 | 5 | 1 | 8 | 7 | 9 | 6 | 2 | 3 |
| 7 | 3 | 8 | 4 | 2 | 6 | 9 | 5 | 1 |

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MAKE IT TONIGHT

Healthy Cauliflower Cous Cous with Roasted Brussels Sprouts



PHOTO: MAMA VISHNEI

Ceri Marsh & Laura Keogh
For Metro Canada

Eating your veggies just got a whole lot easier.

Ready in 40 minutes

Prep time: 10 minutes
Cook time: 30 minutes
Serves 4

Ingredients

- 1 sweet potato, cut into 1/2-inch pieces
- 2 cups Brussels sprouts, quartered
- 1 Tbsp olive oil plus two tsp
- 1 head cauliflower
- 1 Tbsp salt, plus 2 tsp
- 1/2 tsp cumin
- 1/4 cup crumbled feta
- 1 pat of butter
- 4 eggs

Directions

1. Preheat oven to 400. In a bowl, toss sweet potato and Brussels sprout pieces with 2 tsp olive oil and 1/2 tsp salt. Spread vegetables out on rimmed baking

sheet and roast, stirring once or twice, until deep golden brown, crisp outside and tender inside, 20 to 25 minutes.

2. Cut cauliflower in quarters and carve out inner core. Cut quarters into florets and transfer the food processor, pulsing into cous cous-sized granules. Put in a bowl.

3. Heat a large skillet over medium heat then add 1 Tbsp oil. Add cauliflower cous cous and sprinkle with remaining salt. Add cumin and stir. Cook until tender, about 5 minutes. Take off heat and set aside. Gather 2 cups of cous cous.

4. In another large frying pan over medium heat, add a pat of butter and four eggs. Cook a few minutes and cover 1 to 2 minutes. Remove eggs once the whites are set and the yolks are cooked to your preference.

5. Stir together the cous cous, sweet potato mix and feta or divide veggies amongst four bowls and sprinkle with feta. Top each bowl with a fried egg and serve.

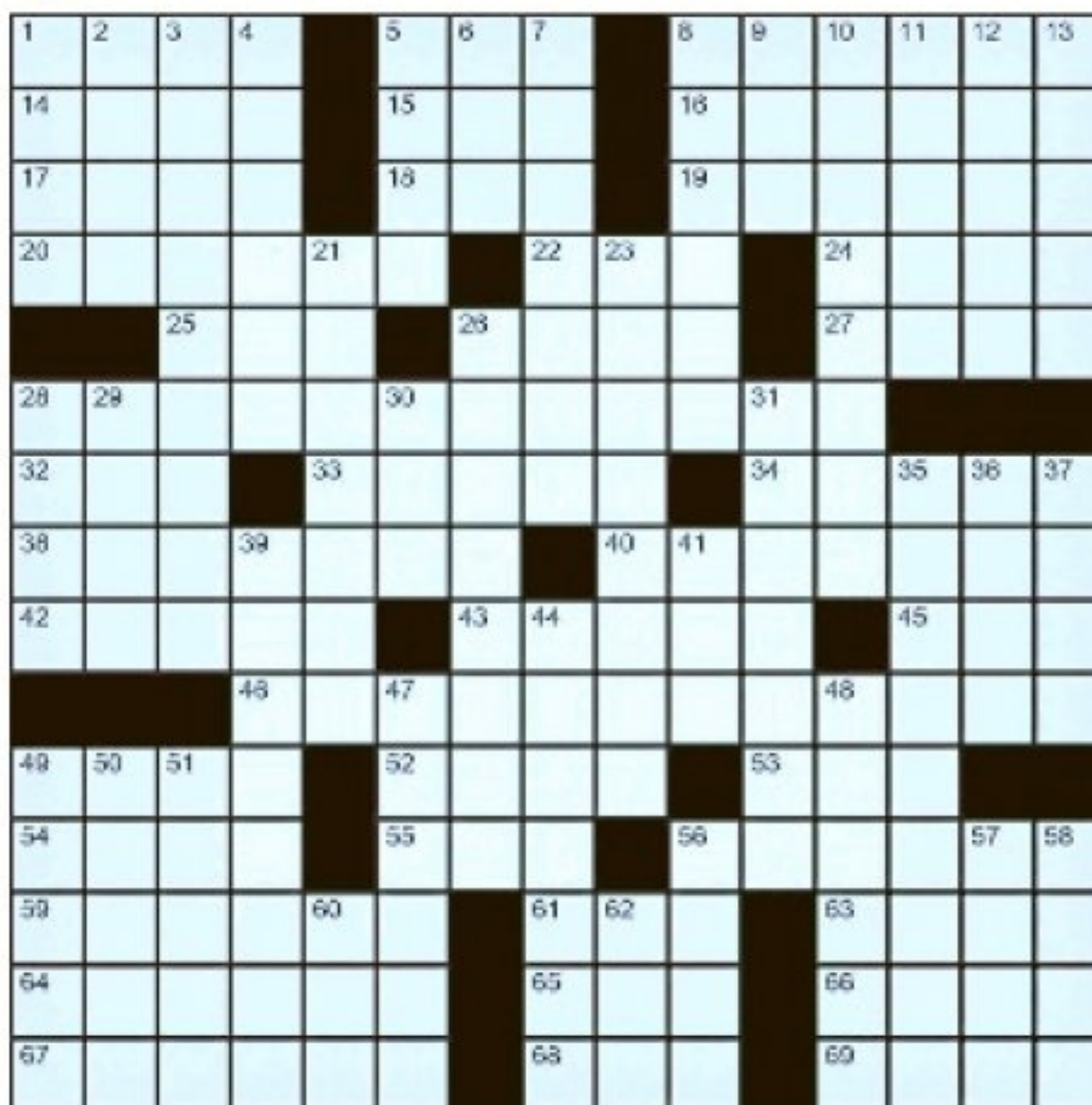
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- 17th-century Dutch painter, Nicolaes
- Ordinal suffixes
- Actress Alyssa
- "In the Valley of" (2007)
- At the age of, in Latin [abbr.]
- "The Jeffersons" star Ms. Sanford
- Spanish double affirmative
- Jongg
- Sings in The Alps
- "I ___ tell you this, but..."
- Greek alphabet letter
- Ivy League school
- Mr. Gulager of "The Virginian"
- Blood type: letter + abbr.
- Welsh opera singer Mr. Terfel
- Beaty ___ Museum (University of British Columbia's natural history attraction)
- Anecdotal collection
- "There's no room ___" (I guess we'll be standing)
- Ink: French
- Like still-in-the-glass milk
- Golden-crowned ___ (Tiny songbird)
- "I share that sentiment": 2 wds.
- Construct
- Pickering's prov.
- As per #28-Across...
- Marine ___ Collection (No backbone is required to view these specimens!)



- Place the painting
- "Count ___ a blessing."
- Informally fine
- ___ the air
- Amer. ID
- 2002 Atom Egoyan film
- "My friend," in Montreal: 2 mots

- Carole King's "___ Too Late"
- Pharmacy quantity
- Daily ___ (Clark Kent's newspaper)
- "Tail"-meaning prefix
- Hawkeye State
- Some gar-

- den plants
- Madonna's "___ Girl"
- 911-calling reason, briefly

- location: 2 wds.
- Canadian ___ (Region of rocks)
- ___-shanter
- "Isn't ___ bit..." - The Beatles, "Nowhere Man"
- Montreal-set Oscar Peterson tune: "Place ___"

- "The Karate Kid" (1984) character
- Prefix to 'thermal'
- NHL sportsmanship award, ___ Memorial Trophy
- "Fuzzy Wuzzy was ___"
- "Hot in Herre" rap star
- Merlin ___ (Football player turned actor)
- University fee
- At-home diagnostic purchases: 2 wds.
- Wiseest/safest choices: 2 wds.
- Author, L. Frank ___ (b.1856 - d.1919)
- Ye olde rest stop
- Book serial abbr.
- Serve Cliff and Norm: 2 wds.
- Jacket-checking spot
- Monthly payment
- 'Kitchen' add-on
- Moving/heartfelt
- Tact' suffix
- Nuclear+weapon element
- Sojourns
- Band's helper
- Skeptic's sound
- Olympian, ___ Anton Ohno
- Songstress Ms. Simone's
- Biblical stringed instrument
- "___ forgive those who trespass..."
- Split
- "Oh, give ___ home..."
- Drummer Mr. Cool

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be careful not to overestimate your abilities to do something today, because it's easy to do. Your ruler Mars is in your sign, getting zapped by Jupiter. "I am King!"

Taurus April 21 - May 21
You might try to take on more than you can handle by pulling strings behind the scenes today. Be careful. No one is bulletproof.

Gemini May 22 - June 21
You will be aggressive when dealing with friends and groups today. This is why you are inclined to take over and run the show. This might be a good thing, but it might not be.

Cancer June 22 - July 23
You're going to give it everything you've got today, because your ambition is aroused. You believe in yourself, and you want others to believe in you as well. (They probably will.)

Leo July 24 - Aug. 23
Avoid coming on too strong with political arguments or discussions about religion and race. Lighten up — you don't need to go on a rant.

Virgo Aug. 24 - Sept. 23
If you have to divide an inheritance or shared property or something like this, be prudent today. Your impulse is to go overboard. Don't bet the farm. Protect everyone's best interests.

Libra Sept. 24 - Oct. 23
You might attract someone today who is overbearing and bossy. You might want to avoid this person, if possible. (Forewarned is forearmed.)

Scorpio Oct. 24 - Nov. 22
You're willing to work hard today because you are enthusiastic about something. This is why you have the energy to go all the way and encourage others to follow you.

Sagittarius Nov. 23 - Dec. 21
Those of you involved in sports will be energetic and over-the-top today because you won't stop until you win. You like to work hard/party hard; nevertheless, be cool today.

Capricorn Dec. 22 - Jan. 20
Don't tackle more than you can handle by taking on renovations and big projects at home. Learn to crawl before you walk. Learn to walk before you run.

Aquarius Jan. 21 - Feb. 19
You are so enthusiastic today, your sales abilities are amazing. However, if you come on too strong, then people will not trust you. Caution.

Pisces Feb. 20 - March 20
You have big moneymaking ideas today, and they just might fly. However, be smart and keep your feet on the ground even though your head is in the clouds.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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